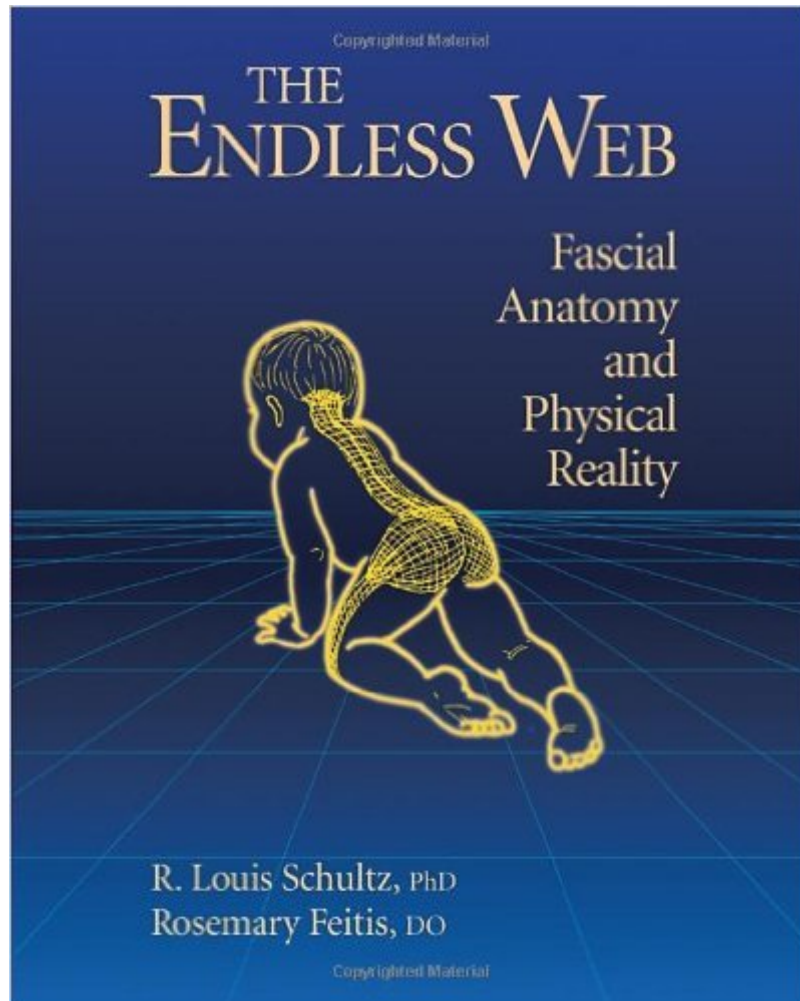


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# The Endless Web: Fascial Anatomy And Physical Reality



## Synopsis

The result of more than two decades of research and practice, *The Endless Web* presents in clear, readable language a comprehensive guide to understanding and working effectively with the myofascial system, the 'packing material' of the body. Myofascia is a flexible network of tissue that surrounds, cushions, and supports muscles, bones, and organs. It also acts as a riverbed containing the flow of interstitial fluid, and is a critical influence on the immune and hormonal systems. In daily life, this connective tissue is an underlying determinant of movement quality, mood, alertness, and general well-being. *The Endless Web* is a fully illustrated guide to understanding how myofascia works, its supportive role within the body's anatomy, and how gentle manipulation of the myofascial tissue is central to lasting therapeutic intervention and how it can be integrated into any bodywork practice.

## Book Information

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## Customer Reviews

This is a great introductory book to the complex study of fascia. The pros are that the authors are very qualified and knowledgeable on the subject, and that it is well-written. The cons are that the material did not go as deep into human movement science (kinesiology) as I would have liked, and there was very little written on how to work through breaking down the myofascia. However, this is a great purchase because there is so much information that should be considered before working towards an approach to releasing the myofascia. I would like to see a second book by these authors; specifically addressing how to manipulate the soft-tissue. Overall it was a fascinating read,

and worthy of study for anyone involved in physical therapy, corrective exercise, massage therapy, personal training, or anyone interested in learning more about the human body.

I have been teaching massage for over 20 years and I think this is an excellent text. I prefer it to Anatomy Trains, although that is also an excellent text. Beginning massage therapists tend to look at the body as muscle and bone, but there are more connections in the body than that. The Endless Web looks at fascial binding in a very understandable way, which adds a new and powerful dimension to a massage therapist's work.

Before I read this book I had never really considered the functioning of connective tissue as a "web-like" structure within which bone and muscle articulate. The authors contend, starting with embryonic anatomy and onward, that the c.t. forms a bed within which cells differentiate. From this view point of c.t. being a primary base for physical form, we are shown how all parts of the web are connected, and create "bands" that ideally are neither too tight or too loose. I didn't know much about Rolfing either, but apparently this bodywork deals specifically with c.t. Good book, great publishing company.

This is a great book on the theory of this little understood body therapy modality. I highly recommend it for therapists and patients too. The fascia infuses virtually every part of the human body with an ability to be both very strong and very pliable and flexible. When it gets traumatized, it can lose some of its qualities causing all manner of suffering in the body. Skillful manipulation of the fascia tissues can help return it to proper condition freeing the body to be more healthy and pain free. There are many techniques in this work ranging from extremely gentle to quite forceful. It takes tremendous skill and sensitivity to know which is appropriate.

The authors seem to be very well acquainted with the subject of fascia. This is not a book of exercises to stretch or work your fascia tissue, as I was hoping it would be, but nonetheless I found it a superior read and well worth the reasonable cost of the book. The book imparts to the reader a most illuminating sense of the importance of the function of fascia tissue in the human body. The single most valuable idea I found in the book was the "alternative" concept that it is not our bones, but rather, our fascia tissue that constitutes the basic structural element of the body. As the authors explain, the body is, after all, a moving structure that is constantly in motion even while sleeping, thus requiring a structure comprised of elastic connective tissue (fascia tissue). The relationship of

fascia tissue to the muscles and bones is well developed in this book. It revolutionized the way I now view, and to some extent experience my physical body. I highly recommend it.

If you work with the body in any way.. Trainer, massage therapist, chiro, doctor, etc.. you should read this book.. It's time we stop compartmentalizing everything and realize the body is a system of systems.. this book goes a long way in showing that..

I could not put this book down. It gave me a deep understanding of connective tissue, fascia, or the matrix. Which ever your comfortable with. This book broadens the horizons. A must have for all Massage Therapist.

As a personal trainer I was looking for more information on the fascia. This book clearly provided that. Read it cover to cover. Learned alot but I think perhaps its more geared toward those who do bodywork.

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